



*Grant County Health Department
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Volume X Issue IV

COMMUNITY EDITION

April 2009

What Is Autism?

Autism is a complex developmental disability that usually appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees. There is no known single cause for autism, but increased awareness can help families today.

Here are some signs to look for in the children in your life:

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g. Hand-flapping, twirling of objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects

Autism is treatable. Children do not "outgrow" autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes.

Early intervention is defined as services delivered to children Birth to Age 3, and research shows that it has a great impact on reducing symptoms of autism spectrum disorders. Studies in early childhood development have shown that the youngest brains are the most flexible. In autism, intensive early intervention yields a great amount of progress in children by the time they enter kindergarten often reducing the need for intensive supports.

If you have concerns about your child, contact your doctor for a developmental screening, Birth to Three Program, or your child's school teacher.

Many studies have looked at whether there is a relationship between vaccines and autism. The weight of the evidence indicates that vaccines ARE NOT associated with autism. The Centers for Disease Control and Prevention (CDC) knows that there still are concerns about this issue. CDC is committed to protecting the health of children and to identifying the biological and environmental causes of autism and other developmental disabilities, so they will continue to study the role of vaccines. Also, new legislation has been introduced at the state level to improve insurance coverage for treating autism.

For more information regarding this, you can go to CDC's website at <http://www.cdc.gov/ncbddd/autism/vaccines.htm>.

*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

2009 "COMMUNITY" CPR DATES

Wednesday, April 22, 2009	5:45PM—9:00PM
Monday, June 15, 2009	5:45PM—9:00PM
Monday, August 31, 2009	5:45PM—9:00PM
Monday, October 19, 2009	5:45PM—9:00PM



The cost for "Community" CPR for 2009 has increased to \$30.00. Childcare Providers are now required to have AED training. This will now be included in our presentation. Registration is required at least one week prior to the class date. Payment is also required prior to the night of the class. To register, please call (608)723-6416. The classes will be held at: Grant County Health Department 111 South Jefferson Street—2nd Floor, Lancaster, Wisconsin.

Living With Grief Teleconference: Diversity & End of Life Care

Wednesday, April 29, 2009 12:30PM—3:00PM
Lancaster Youth & Ag Building, Grant County Fairgrounds

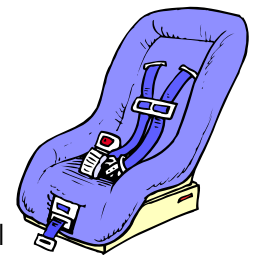
Each year, Hospice Foundation of America holds a FREE **Living With Grief Teleconference**. This year is the 16th year of sponsoring the conference. The topic this year is **Diversity and End-of-Life Care**. The panel will discuss ways of understanding diversity & how cultural histories, traditions and beliefs can affect end of life care.

The program will be useful to a range of professionals who provide bereavement counseling or work with the bereaved. The teleconference will have four segments that will address areas where understandings of grief have been challenged. The segments are: *Understanding Diversity: The Challenges of Diversity in Dying, Death and Grief*; *Ethnicity & Race as Sources of Diversity*; *Diverse Spiritualities*; and *Other Sources of Diversity*.

Please call Grant County Health Department—Hospice Program to register for this teleconference at (608)723-6416.

Car Seat Grant Awarded to Grant County Health Department

The Wisconsin Department of Transportation awarded the Grant County Health Department a \$2500 grant to provide child safety seats for low income families. Families that qualify for the Women, Infant & Children (WIC) Program, needing a car seat(s) are able to receive car seats for their children **FREE** while supplies last.



Each seat given out will be checked to be sure that it is the correct seat for the child that is using it. Proper installation and instruction on use will be explained when you receive it. Parents or guardians will also learn about current laws regarding child restraints (car seats) and when it is appropriate to get a new seat.

To take advantage of this program, your child **MUST BE PRESENT!** Contact Amy Leffler with the Grant County Health Department at (608)723-6416 for more information.

Grant County



Rural Safety Day

SAVE THE DATE:

Grant County Rural Safety Day
Thursday, June 18, 2009
Grant County Fairgrounds

Rural Safety Day is designed to provide youth with the skills to keep themselves and their families safe. They will learn how to identify potential hazards, prevent possible accidents and to respond correctly if an accident does occur.

How Can Children Help in the Kitchen?

Letting your children cook or help you cook builds self-esteem, teaches many skills, gives them a sense of accomplishment, builds creativity, and helps them make smart food choices. Children who help prepare a snack or meal are more likely to try it. And often family mealtimes are related to better school performance in children.

Around ages 5 to 7, kids should be able to help collect ingredients, measure, pour and stir, and set a timer. By age 8 to 10, they may be able to preheat the oven, use the microwave and blender, and use a knife to slice or dice.

Remember to follow kitchen safety rules—tie long hair back, wash hands, turn handles of pots inwards, keep counters clean, use separate spoons for tasting, and don't put sharp knives in a sink of dishwater. You'll be helping your children form good eating habits that will last a lifetime.



**UW
Extension**

For more information on healthy eating, contact UW-Extension's Nutrition Education Program at (608)723-2125

Grant County Sheriff's Department and The Health Department Team Up Again!!



Deputy John Barker, at the Grant County Sheriff's Department, has designed a "Safe Driving Behaviors" presentation which will include, drunk driving, seat belt use and negative behaviors that can affect driving such as "texting" (known as "intextication" instead of intoxication). John is planning to present to four schools this spring and will try to visit seven schools in the fall to share his message about the importance of safe driving.

Carol Thole of the Safe Actions Committee will be conducting a "Battle of the Belts" contest along with John as he visits schools. This contest consists of teams of 4 that will see how quickly the students can get into a car and buckle up. The winning four will receive a lanyard with the message "If you want to go far....buckle up in your car" paid for by the DOT. We are hoping to convey the message of the importance of good driving habits throughout each student's lifetime.

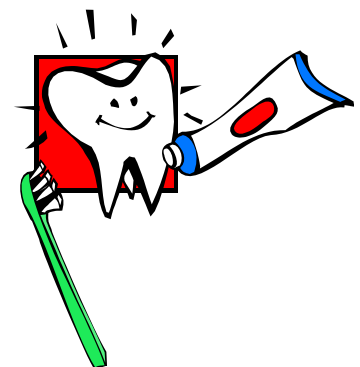
The Sheriff's Department in collaboration again with our Health Department is continuing with our Grant County Tobacco Compliance Check program. Currently, our data shows that we have conducted 42 checks with just one retailer selling. This shows that our compliance rate is 98% in Grant County. Thank you retailers for not selling tobacco products to underage individuals.

Darlington Regional Dental Clinic

By now, you may be aware of the wonderful asset soon to open locally—The Darlington Regional Dental Clinic. It is part of a larger project that will also eventually add a medical clinic and a residential apartment/condo cooperative for persons 55 and older. It is located on Darlington's upper main street and is slated to open May 4, 2009.

What this means to Grant County is increased access to dental care for our residents NOT served and those that are underserved. This clinic is going to serve those patients on medical assistance as well as those without insurance who would otherwise not be able to afford dental care. One goal of the clinic is to first and foremost, serve those clients with the most imminent and significant dental issues. Such issues may include obvious decay of teeth, pain of the teeth and/or oral cavity related to current dental health issues, etc. A prime population they would like to target is children. Children with Medical Assistance or BadgerCare who can not find a dentist are appropriate clients.

Currently the Grant County Health Department is compiling a list of clients who are interested in the Darlington Regional Dental Clinic. If you have questions, or would like to be added to this list, please call Grant County Health Department at (608)723-6416.



WICHEALTH.ORG

A website for parents, breastfeeding moms, and moms who have just had a baby. You can find information on the following:

- Simple meals and snacks
- Feeding picky eaters
- Good eating habits
- Making good food choices
- Does your child get enough?
- Support for breastfeeding moms
- Happy, healthy, active children
- Be healthy as your baby grows
- Feeding your baby solids
- Introducing the cup to baby
- Steps to a healthier family
- Fun and healthy drinks for kids
- Healthy whole grains



Log-on and have fun learning about nutrition for you and your family. **This information is also offered in Spanish.



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